HOCKEY FOR GIRLS AND WOMEN

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PREFACE

HOCKEY for girls and women is growing in popularity every year. Many large factories have flourishing Hockey Clubs, and the game is now being introduced into the Elementary Schools.

While many books have been written by men for men, so far as I know, nothing in the nature of a text-book has been published dealing with Hockey from the women's point of view.

Although in many respects the essential features and rules of the game are the same, yet there is a great difference between Hockey as played by men and by women.

I have had considerable experience of coaching girls between the ages of eleven and nineteen, and have endeavoured therefore to lay stress on the common faults and difficulties of young hockey players as I have met with them. The chief

trouble is that few players get sufficient coaching, and from want of it never achieve as much as they might. To such, I hope, this book may be of some assistance. Many doubtless will disagree with some of the opinions here expressed, but discussion is always valuable and helps to deepen the interest in the game.

I should like to take this opportunity of thanking many of my friends for assistance, especially Miss E. de Putron and Mr. J. C. M. Fairlie for help in the arrangement of the book.

K. E. LIDDERDALE.

CHELTENHAM.

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HOCKEY FOR GIRLS AND WOMEN

CHAPTER I

HINTS TO BEGINNERS

No girl can hope to become a first-class hockey player unless she thoroughly understands the art of hitting, dribbling, and fielding the ball. These are best learned, not on the hockey field surrounded by twenty-one other players, but in the garden at home by dint of hard and persistent practice.

Hitting.

A clean hard drive along the ground is best attained by following certain recognised principles.

The stick should be gripped tightly, both hands being held close together at the top of the handle. The player should take up a comfortable stance, with the feet apart and the ball

in front, but a little nearer to the left toe than to the right. The arms should be kept straight, and the swing back should be from the shoulders and not from the wrists (Plate VI). When the blade of the stick meets the ball, it should be at right angles to the ground. Then comes the follow-through (Plate VII). The arms should be let out at full length and the wrists turned over at the finish of the stroke to prevent "sticks" in front, but not until the ball has been hit. At the same time the weight of the body must be transferred from the right to the left foot.

It is a good plan to practise hitting at a post, as that will lead to accuracy of direction. The hitting may at first be done standing still at a short distance from the post. The distance may then be increased, and hitting from different angles practised. Finally, all this can be done on the run.

Dribbling.

To dribble means to run with the ball close to the stick, pushing it forward with little, short taps so that it is never out of control. It is quite useless to hit the ball five yards ahead and then run after it; the closer it remains to the stick

the better. The position of the hands on the stick is important. The left hand remains at the top of the handle as for hitting, but the right hand should be slipped down about a foot (Plate X). The ball should be dribbled in front of the right foot, not to the right of the body, and it must be watched most carefully. For passing to the right it is easier if the ball is allowed to drop back more on a line with the body and well away from it. The ball can then be flicked to the right with a sharp turn of the wrists.

All beginners should first practise straight forward dribbling by themselves. When they have reached a fair degree of proficiency, they should set up obstacles for themselves, and they should endeavour to dribble the ball at top speed round and between the obstacles, keeping it all the time as close as possible to the stick.

Fielding.

The ball may be fielded with the hand, the foot, or the stick. Balls in the air should always be stopped with the hand, and this method is also used for corners and penalty corners or by backs on rough ground. The foot is not now nearly so much employed as formerly ; this is partly due

to the improved condition of grounds, and partly to the difficulty experienced in stopping the ball without allowing it to rebound (see Rule 12). Without question, fielding with the stick is the quickest and best of all methods, and this practice should generally be followed.

The hands should be held high on the handle of the stick as for hitting. At the moment of impact with the ball, the stick should be allowed to give slightly so as to prevent any rebound of the ball. It is a great mistake to slip the right hand down the handle and hold the stick rigid, for it is impossible thus to stop the ball dead with any certainty. Needless to say, the ball must be watched closely all the time.

First Essentials.

A player has so much to learn when she first begins to play in a game that she will do well to concentrate on certain things. Whether she is playing forward, half-back, or back, she must endeavour to keep her place and not wander all over the field. Next, she will find it better not to hold on to the ball too long, but to pass quickly before it is taken away from her. If she is a defence player, her chief duty is to mark an opponent and to keep the ball away from her.

Photo : Martyn Bros., Cheltenham

PLATE I.—SUITABLE HOCKEY OUTFIT

If she is a forward she should watch the centre forward and try to keep in a line with her as far as possible. At the same time she should remember, when waiting for a pass, never to stand with her back to the opponents' goal which she is attacking, but always sideways facing the ball, with her right or her left shoulder, as the case may be, pointing to the enemy's goal, so as to be ready to run forward at once.

No beginner should tackle an opponent on the wrong side, but always on her stick side. Otherwise until she has gained some experience she will certainly " foul."

It is also a mistake to attempt to use the reverse stick. If players find themselves on the wrong side of the ball, they should move their feet rather than scratch about with the point of the stick. Forwards should always run to the left of the ball, so that they can gather the pass on their stick side.

Tunics.

For a long time the opinion prevailed that the majority of girls who played hockey were of necessity untidy and had no regard for neatness and their personal appearance, and for this reason many parents were reluctant to allow their girls to join hockey clubs. This should not be ; girls

who play hockey can be just as tidy as any one else, provided they wear suitable clothes. On the whole a tunic is the most suitable for wear, and is now used by nearly all club, county, territorial, and international teams. The French wear a full pleated skirt ; the American Hockey Eleven of 1921 also wore skirts, but they have since adopted the tunic. In America most of the University teams wore pleated bloomers during our visit in 1922.

If a tunic is worn, care should be taken to see that it hangs evenly all the way round and does not droop at the front or back. The pleats also need some attention. After playing in the wet it is better to tack them down and use a hot iron. The result will certainly repay the trouble taken. At the end of the season it is advisable to tack the pleats down before putting the tunic away. Knickers should not be too long ; they should not show below the hem of the tunic, and stockings should be long enough to avoid gaps or " smiles," as they are usually called. In the Rules of 1923–4 it is laid down that " tunics shall be not less than one and not more than three inches off the ground when the player kneels."

Such care in these small matters should not be grudged by a hockey player.

Footwear.

Footwear has always been a matter of great controversy. Personally I should advise for all schools light leather boots, with low square heels and bars across the soles, made on the pattern of the Lacrosse boot. Heavy leather boots, long in the leg, are expensive and unsuitable, as it is impossible to move about quickly in them. Boots or shoes with high pointed heels should never be worn. The damage they do to the ground is often irreparable ; besides it is impossible for the wearer to run with any comfort, and the result will sooner or later be a sprained ankle. Lacrosse boots are light and easy to run in, but they give no protection against hard knocks from the ball or the stick, and though they are provided with rubber studs they do not give sufficient grip on a wet ground. A rounded rubber sole does not get the same hold on the ground when turning as the sharp edge of a leather sole, and it is quick turning on a wet surface that often makes all the difference to a team.

Pads.

Pads should always be worn. They are so light that they make no difference to a player's

pace, while they often save her from painful bruises on the shins.

Changing.

There is no reason why any healthy girl should catch cold while playing hockey, yet I am often told that hockey is the cause of many chills. I would say most emphatically that even when played on a cold or wet day, it is not the game which is at fault but rather the player who neglects to change after the game is over. Directly the game is finished there should be a quick change and, if possible, a hot bath, in any case a brisk and thorough rub down with a towel. If it is not possible to change at once, the player should immediately put on a thick sweater or jersey to avoid catching a chill. Girls are inclined to be lazy about changing and have much to learn from boys in this respect. Changing should become an instinctive habit and not merely a tiresome rule that has to be kept, or evaded, at school.

Choosing a Stick.

Care should be taken to choose a stick that is light and well balanced. Forwards should not play with a stick that weighs more than 19 or 20 ounces ; backs may play with a slightly

heavier stick. The handle should have plenty of spring, and should be thin rather than thick. The grain should not be too close and should run round the curve of the blade, or the stick may splinter when the wood gets dry.

A player who suffers from scraped fingers or knuckles should wear wash leather gloves rather than use a rubber ring on the stick, for the ring is apt to spoil its balance and prevent clean hitting. But damaged fingers, it must also be remembered, are often the result of unlawful interference with an opponent's stick, and in such cases the remedy is obvious.

Rules.

It appears almost absurd that it should be necessary to advise a beginner to read the rules before she attempts to play, but experience in coaching has shown that such a practice is the exception. If the game is worth playing, it is also worth a little thought and trouble. Some of the rules are perhaps difficult to understand without practical experience, as, for instance, the rule of "off-side," but it is quite within the capacity of any schoolgirl to learn whether it is corner or "25" when the ball goes off the back line; that, when the ball is being rolled in from touch,

players must stand outside the 5-yard line, and so on. Still, in coaching beginners, much valuable time is invariably spent in trying to impress these necessary but very elementary facts on the players, while the teaching of matters which cannot be learned from a book has to be postponed to a later time to the hindrance of those players who have already taken the trouble to read and learn for themselves. Those who wish to become good hockey players must see that their foundation is sound, and remember that failure to know the rules is due to sheer laziness.

In conclusion, let beginners be punctual and regular at all practice games. They will find that keenness, energy, and readiness to learn have their own reward, and they will certainly never regret the time and trouble taken for practice at home.

Photo: Martyn Bros Cheltenham

PLATE II.—OUTFIT FOR GOALKEEPER, SHOWING TOE-PADS

CHAPTER II

THE GOALKEEPER

The position of Goalkeeper requires courage and resource. She must be prepared for hard knocks, or, worse still, for monotonous games on bitterly cold days when she may but rarely touch the ball. It is fatal for her to hesitate, yet a mistake once made cannot be retrieved. It is not a coveted position, yet a reliable goalkeeper is a source of great strength to her team.

Equipment.

I must emphasise first the matter of equipment. A goalkeeper must be warmly clad, and she must be well protected against the shots of her opponents. A thick sweater, a blazer, loose-fitting gloves, and thick woollen stockings, in addition to the usual outfit, will do much to prevent her from getting chilled. Numbed hands or feet are

quite sufficient to prevent a player from doing herself justice at the critical moment. Care is necessary in the selection of clothes, for in the desire to secure sufficient warmth the player must see that they are not cumbersome. Thick boots, well barred, and wicket-keeping pads should be worn. Many goalkeepers favour small toe-pads, which give extra protection particularly to the arch of the foot and the big toe joint, which are liable to be easily bruised.

Where to Stand.

The goalkeeper should stand as a rule two to three feet in front of the line and slightly nearer to the left goal-post in order to guard the dangerous left-hand corner. She can cover the right-hand corner with her stick when necessary.

The ball should be watched closely all the time, so that the goalkeeper may get into the best position for guarding the goal—a position which must necessarily vary according to the angle at which she expects the ball to come. For example, if the attack is coming from the right wing, she must move across so that her left foot covers the distance between her and the left goal-post; in this way it is possible to cover the whole goal.

Again, she should never allow the other players of the defence to obstruct her view of the ball when corners are being taken. If they do stand in the way, they should be politely but firmly requested not to do so.

Kicking.

Above all things a goalkeeper must exercise care, because there is no chance of recovery once a mistake has been made. She should never allow herself to take a flying hit at a slow bumping ball, but should stop it first and either hit or kick it clear of the circle. The ball should be kicked not with the toes but with the instep or, better still, with the inside of the heel. By this last method it is possible to kick hard without the risk of the ball jumping over the instep.

Many goalkeepers rely largely on their stick for both stopping and clearing the ball, but it is a very risky method. Those who depend chiefly on the stick have, as a rule, a brief though possibly brilliant career ; one or two off-days may well undermine their self-confidence, which is an essential feature of this method of defence. Without confidence they can do nothing right, and they soon descend into the ranks of the mediocre.

On the other hand, the goalkeeper who uses her feet generally continues to improve. The use of the stick, even at the best, tends to unreliability.

In men's hockey a good goalkeeper will often kick the ball clear of the circle without first stopping it, but this is not a method generally adopted by women or girls. Undoubtedly it has the advantage that it affords the opposing forwards little opportunity for rushing the goalkeeper before she can clear. But, as girls are not generally accustomed to kicking a moving ball, the slower but surer method of first stopping the ball and then kicking it clear has been generally found to work better.

Clearing.

Many good players make a practice of clearing entirely with the stick and using the foot only to stop the ball and not to kick it away. I have found, however, that in attack there is more chance of successfully rushing a goalkeeper who clears with her stick, since it is easier to anticipate the direction in which she will hit the ball. I consider that kicking without first stopping the ball is an unsuitable game for the average girl. She will be a much more reliable player who first

Photo : Sport and General

PLATE III.—KICKING PRACTICE BY THE GOALKEEPER

stops the ball and then kicks it clear—a method which requires constant practice but is well worth the trouble.

Having stopped the ball, the goalkeeper must clear it out of the circle without delay. A penalty corner should never be conceded except in the last resort, nor should the ball be cleared across the mouth of the goal. If it is stopped on the right-hand side of the goal, it should be cleared to the right, and *vice versa*. When there is time it is advisable to clear the ball to one of the defence—often a half is lying close up waiting for a pass—instead of hitting or kicking the ball anywhere over the touch-line.

Handling.

There is only one method of stopping high balls, and that is with the hand. It is worth while remembering that by the rules the goalkeeper is not obliged to drop the ball perpendicularly—a valuable privilege not given to other players—but she should be careful not to hold or grasp the ball in any way while stopping it. If the ball is held for an instant, although the umpire may be lenient, one of the attacking forwards will probably, by the time it has been dropped, be waiting for the opportunity to slip

it through the goal before the goalkeeper has recovered her balance.

Coming Out.

On certain occasions a goalkeeper should come out and tackle the attacking forward with the ball, but to do so at the right moment requires very sound judgment. An attacking forward who has completely outpaced the defence should be tackled at the edge of the circle, but it is useless to come out to tackle once the forward is inside the circle and about to shoot; she will score every time. Care should be taken in coming out to tackle not to use the body as an obstruction.

It certainly requires a good deal of pluck to face hard shooting. A goalkeeper must be prepared for hard knocks. She will often be hit on the body, but she must not flinch even before balls driven with tremendous force at close quarters.

It is easy to get discouraged when things are going wrong, but the player must try not to worry over mistakes but concentrate her mind on what remains of the game.

Many forwards have their little tricks and favour the one kind of shot at which they are

Photo: Sport and General

PLATE IV.—THE GOALKEEPER IN DIFFICULTIES KICKS THE BALL OVER THE BACK LINE

most proficient. The goalkeeper should try to study their methods, and such knowledge, when gained, will prove of infinite service to her. She must also endeavour to find out which of the opposing forwards is the best shot, for that player above all the others must be carefully watched.

CHAPTER III

THE BACKS

THE day has long passed when any player who could not run was considered suitable for the back position. Pace is certainly necessary for a back, and although it is not required to the same extent as it is for a forward, great pace is always a valuable asset.

A back must be able to overtake a forward who has slipped through the defence, and she has the great advantage of not being handicapped by possession of the ball, and she has therefore a chance of success even though she may be a slower runner than her opponent. Neither will she require the same stamina as a half-back. Her work may be strenuous at times, but it is not nearly so continuous. She must, however, be quick on her feet and able to turn and start off without a second's delay. It is this ability to recover after a mistake that really matters. A back who is not very fast can in this way make

up largely for her lack of pace. Above all things, the back must be quick and watchful, cool and collected in all emergencies, the possessor of a good eye and a clean hard drive. In addition her sense of anticipation should be keen and her judgment of the right moment to tackle sound.

Marking.

Marking by the backs is of first importance. The right back is responsible for the left inner, and the left back for the right inner, and the failure of either to mark disorganises the whole defence.

Marking does not mean standing somewhere near an opponent. To mark is to be between the opponent and the ball, shoulder to shoulder if possible, but always so that it is possible to reach the ball first. It is poor tactics for a back to wait behind a forward and allow her to receive the pass first and then to tackle and try to take the ball from her. Once the forward is in possession of the ball, she is in the stronger position, and therefore every effort should be made to prevent it from reaching her.

In the circle when the opposing side are taking the roll-in, or in the case of a penalty corner or a free hit, it is essential for the defence to mark.

Careful marking requires great concentration and ability to anticipate the probable direction of the ball. Forwards who find that they are being closely marked will be on the move, dodging backwards and forwards in the endeavour to get free. The defence have always to be on their guard against the " through " pass, the best method of attack to cope with accurate marking. Also the backs and the halves, while marking closely, should beware of being drawn out of place. A forward who is unable to shake off the defence will deliberately draw off to the right or left, then suddenly dash back to her proper place to receive the expected pass, having in this way shaken off the defence at the critical moment.

Interchange of Positions.

Another real difficulty in marking is in the interchange of positions. A wing who has outpaced her half must be tackled at the edge of the circle by the back, who is thus forced to leave for the moment her inner. Obviously the inner cannot be left unmarked, and this gap has to be filled by the centre half and by the other back moving across, and so on. Girls who play Lacrosse have excellent training in this respect, since the interchanging of the defence positions

is an important part of the game. Any hesitation on the part of the defence will mean that there will be two unmarked players instead of one. Experience alone will teach the right moment to move. Let a player remember that she must never leave the opponent she is marking until it is absolutely necessary to tackle another player.

Bad marking is often due to the attempt on the part of one of the defence to do too much ; it is easier for the centre half to offend in this way than any other player. Halves and backs, in the first place, must be trained to be responsible for a certain opponent, and in practice games the better players should set a good example by marking carefully. Wandering all over the field trying to do more than a fair share of the work will rob the other players of their opportunities to learn by their own mistakes. It is not fair to give such extra help in a game as could probably not be given in a hard match. Young half-backs are often inclined to be lazy, and, if not encouraged to retrieve their own mistakes in practice games, will certainly fail to do so in a match.

Combination.

In defence, as in attack, combination is essential. The opposing attack may be broken up time after

time, but no ground or advantage gained through want of combination while the ball is being constantly sent out of touch. A back in possession of the ball, having robbed one of the attack, must be able to get it up the field to one of her own forwards. Without help against forwards who are quick to "tackle back" she may find this difficult to accomplish. The whole of her side, therefore, directly she is in possession of the ball, should get ready for attack—that is to say, get unmarked—placing themselves in the best possible position for receiving a pass. Halves particularly should remember this and should be careful at such a moment not to stand by their opposing forward and allow themselves to be marked.

Where to Stand.

Backs should never make the mistake of standing in a line with each other; one should always be slightly in advance of the other, so as to be in a position to retrieve the other's mistakes. To stand in a line with the other back gives the opposing forwards an excellent opportunity to make use of the "through" pass, and should always be avoided. Generally speaking, since it is easier for the left back to cross over to tackle than the right back, it is preferable for the former

to remain nearer her own goal. The pace of the two backs, however, must be taken into consideration, and the quick runner should play farther up the field, since she will be able to get back more quickly. Again, a good deal depends on the position of the ball: if the left wing pair are attacking, it is better for the left back to play farther up, and the right back to drop behind a little to guard against a forward pass.

Tackling of the Wing.

A much-discussed question is the tackling of the wing by the back out on the touch-line when the half has been passed. In my opinion, the sounder method is for the back to remain marking the inner, giving the half a chance first to overtake the wing. Should the half succeed in doing this, the wing forward has two courses open to her: either she must pass (in which case the back is in her correct position marking the inner and ready to intercept any pass), or she must carry on with the ball herself. Sooner or later she must cut in to the edge of the circle, if not overtaken by the half, and here is the opportunity for the back to tackle her without being drawn out on to the touch-line. In no case should she be allowed to enter the circle untackled.

It does happen that a wing hits the ball too far ahead ; in such a case the back may safely go out to the touch-line, because she is perfectly certain of securing possession of the ball. But that is very different from tackling a wing who has perfect control of the ball. She has plenty of room to trick her opponent and will outwit the defence nearly every time. After all, the wing is not dangerous until she comes in to shoot herself or pass the ball in to the centre, where, owing to the absence of the back on the touch-line, there is a big gap in the defence. The tackling of the wing by the back generally forces the wing to pass to the inner, who is in a far better position to shoot and unmarked, unless the centre half has covered very quickly.

There is another side of the question to be considered. Wings find it most disconcerting not to be tackled, and it requires great strength of mind not to slacken pace when deciding whether it is better to pass or to go on knowing all the time that the back is ready to tackle the moment full control of the ball is lost. Any hesitation on the part of the wing gives the half the chance to overtake her, and she is then forced to pass at a disadvantage.

Attack.

Backs who remain standing on the edge of their own circle when the ball is in the enemy's "25" can take no part in the attack, and yet all would agree that the essence of a sound defence lies in attack. Backs should come up the field when their forwards are attacking. Every attempt on the part of the opposing forwards to break away has at least a reasonable chance of being frustrated at the outset, since every forward is then marked and the three halves are not left to cope with the five forwards. Even when the forwards do break through, there is still more than half the field to be covered before the circle is reached, which should give time for a speedy defence to get back and tackle again. The old method by which backs took no part in the attack is not only unsound in principle, but in a fast game is warranted to wear out entirely the most energetic and persevering line of halves.

Off-side.

It should certainly be the business of the defence to understand thoroughly the "off-side" rule. To endeavour to mark a player in an "off-side" position is waste of time (always supposing that the umpire may be trusted). Halves also

through lack of knowledge and thought of the "off-side" rule, often drop back too far and at a critical moment put "on-side" one of the opposing attack whom their own backs have taken a great deal of trouble and care to put "off-side."

Clearing.

The backs should be careful not to clear the ball right into the opposing forwards as they are rushing. It is both rough and bad play to hit the ball straight at an opponent. The backs need to be as full of tricks and dodges as forwards. Sometimes it is possible, having stopped the ball, to clear it straight out to the wings, but often the close proximity of a forward makes this impossible. As the forward is running in at full speed a back can generally dodge her by pushing the ball to the right or left of her. She has thus a clear space in front of her and should be able to pass the ball to the forward who is in the most favourable position.

If she can draw the defence before passing, so much the better, but she must guard against holding the ball too long or she may put her own forwards "off-side." While she is dallying with the ball, time is given to the forward whom she has just robbed of the ball to come back and tackle

Photo: Sport and General

PLATE V.—BACK FIELDING WITH THE HAND

again. Whatever is done should be done quickly but with good judgment.

It is desirable sometimes for the backs to clear not to their own wing but right across the ground. For instance, right back may find the left inner unmarked, and a diagonal pass may catch the opposing backs both on the same side of the ground and give the left inner a good chance of shooting. Naturally this can only be attempted in midfield and would be a most dangerous proceeding near the circle.

Tackling.

A back, when tackling, should always try as far as possible to keep her weight on her right foot, so that, if the ball is hit to her left, she can quickly extend her left foot without having first to shift her balance from left to right. Since it is possible to reach much farther with the stick than the foot, a player should place herself well to the left of her opponent at the moment of tackling in order to guard against a "push" pass from left to right.

Fielding.

Although halves may sometimes pass without stopping the ball, backs should always first stop

it, since a mishit or a complete miss will possibly result in a goal. The ball should be fielded with the stick rather than the foot as it is so much the quicker method. On a bumpy ground the foot should be placed behind the stick to give greater security. Backs who find that they are unsafe in the use of their sticks for stopping the ball should practise, but they will be wiser to use their feet until they become proficient; it is better to be sure even though a little slower.

When the half is rolling in, the back should be prepared for the ball to come to her in order that she may clear it right up the ground to the wing or any unmarked forward. It is a trick which should not be tried too often, but used occasionally it may meet with considerable success.

To the backs frequently falls the task of taking free hits. They must be quick and able to spot the forward in the best position, or, even better, an empty space between two players which would make a good opening.

Above all, a back needs a highly developed sense of anticipation, if she is to discover and thwart the tricks of the attack. To be forewarned is to be forearmed, and many of the international backs owe much of their success to the knowledge they acquired when playing forward. Power to

anticipate is largely a gift, but concentration on the game and the tricks and capabilities of the opposing attack will be an immense help.

Corners.

In defending from a corner, backs should come out quickly and get to their opposing inners as soon as possible. It is a great mistake for them to hang about in the middle of the circle ; they are not only unable to prevent the inside forwards from shooting, but they obstruct the view of the goalkeeper. It is fatal for the back to neglect the marking of her inner, because the ball may be hit to the centre forward. The latter, finding that she has drawn two of the defence, would naturally, instead of shooting herself, pass to the unmarked inner, who would have a clear shot at goal.

LEFT BACK

The player in this position has her special difficulties. To her is allotted the important task of marking the right inner, who is in all probability the best shot in the opposing team and who must be prevented from scoring goals.

When chasing a forward, provided there is time to do so, the Left Back should make for the stick

side of her opponent in order to avoid any chance of a foul. On many occasions, however, the left back has either to tackle from the wrong side or to allow the right inner to shoot. Under no circumstances may any part of her body touch that of her opponent before she herself has touched the ball. A right-handed lunge or the use of the reverse stick are helpful strokes in such an emergency, but it is better still for the back to endeavour to get a few feet in advance of her opponent so that she can dash across without "fouling" and secure possession of the ball, which she must try to keep on her stick side. She will probably find it very difficult to clear unless she has a good understanding with her half, who should be waiting unmarked on the touch-line to receive a pass. Dribbling is chiefly the prerogative of the forwards and should never be done by a back when it is possible to clear at once to the forwards; but a back, and particularly a left back who is able to dribble really well, is enabled by this method to extract herself from many a tight corner. She must, however, be very careful not to hold on to the ball one second longer than is necessary.

The difficulty of tackling the right wing is so great that most left backs will find it easier not to

attempt it, except in the last resort to prevent the right wing from coming in to the circle and shooting herself. If the left back sticks fast to her opposing inner she will have a better chance of intercepting the pass, and there is always the hope that the left half, if given the opportunity, will overtake the wing and force her to pass.

A clever trick is for the left back, when being rushed by a forward, to pull the ball across to the left, remembering to move her body as well ; this will give her time to get a clear drive up to her forwards.

RIGHT BACK

The first duty of a Right Back is to mark the opposing left inner. To do this satisfactorily she must keep well up the field. At the commencement of the game she should take up her position just in front of the 25-yard line, roughly midway between the centre and the touch-line, so that she is standing facing her left inner, but as the attack progresses she should advance up the ground, keeping in close touch with her halves and ready to intercept any pass to the opposing left inner. It will be well to bear in mind that, since no one can be " off-side " in their own half of the ground, wings may hover just inside the

half-way line ready to make a sudden dash for the circle, should the opportunity arise, and unwary backs may be caught napping and find the wing has too big a start to be caught.

When the opposing left wing is dribbling the ball and the right half is about to tackle, it is difficult for the right back to mark the left inner. She takes up her correct position between the left wing and the left inner, but in order to watch the ball she must partially turn her back on the inner whom she is marking, and unless she is careful the left inner will change her position, moving slightly back or closer to the centre so that she is no longer being marked.

Crossing to Tackle.

Only by experience will the right back learn the exact moment when she should leave her inner and cross over to tackle the right inner who has passed the left back. On many occasions it is quicker and easier for the centre half to tackle and for the right back to mark the centre forward. The right back must not change over too soon, or both backs will find themselves on the same side of the ground with one inner left unmarked.

When crossing to tackle the right back should

remember that unless she is very careful she may "foul" her opponent, she must watch carefully for the right moment to tackle, which may be when the forward loses control of the ball, or when the back has gained sufficient ground to tackle across without touching her opponent. Very often a good opportunity is given at the moment when the forward begins to swing back for the shot. The right back having secured the ball, should dribble it right across towards the touch-line and deal with it as advised in the article on the left back.

A right back must never make the mistake of hitting across her own circle, which is a most dangerous habit. She should clear always to the right wing or the right inner.

CHAPTER IV

THE HALF-BACKS

I. RIGHT HALF

THE chief duty of the Right Half is to mark the left wing and to prevent any passes from reaching her. The left wing is generally an elusive player and should be carefully watched. The right half need not stand so far out as the left half, because her opponent will be on her right hand, and on that side she has a long reach, and even by standing on the 5-yard line she can guard with her stick the ground between that line and the touch-line.

There are many devices employed by the left wing to get the ball into the centre, and with these the right half should be acquainted. There is our old friend the "pull back" which will deceive a good player only once, but it is most efficacious against an inexperienced half. She must watch for the sudden pull-up of her opponent or she will overrun the ball and be out of action

Photo: Martyn Bros., Cheltenham

PLATE VI.—THE BEGINNING OF THE DRIVE

for some moments, thus giving the wing plenty of time to centre. Another trick the wing may try is suddenly to cut in, make a bee-line towards the goal just as the half is overtaking her. The half should, when outpaced, make for the edge of the circle ready either to tackle or intercept the pass. The more a right half can learn about the left wing the better chance she has of frustrating her efforts.

In the circle it is often necessary for the right half to mark the left inner when the right back has crossed over to tackle the centre forward or the right inner.

It is usually better to tackle early and force an opponent to pass. If the opposing left half breaks away with the ball and the right wing is unable to " tackle back," it is important that the right half should, as a general rule, tackle her, though there are occasions when it is better to wait.

Attack.

The right must be prepared not only to mark her wing but also to back up her forwards. When an attack is being made on the enemy's goal she must follow up close behind them. If the opposing defence is closely pressed, she will probably be able to anticipate the direction in

which the ball will be cleared and place herself in the gap.

She must try to make an opening for the attack by passing to an unmarked forward near the circle; it is often the left inner. Should no forward be unmarked, and should she be unable to draw off the defence, she must endeavour to put the ball into an empty space ahead so that the forwards can rush in and shoot. She can often make an opening for the right wing by placing the ball on the edge of the circle so that she can follow it up and shoot at once.

Although wild passing is much to be discouraged, she must be careful not to err in the other direction and hang on to the ball too long. Every moment that she delays in getting rid of the ball is spoiling a forward's chance of remaining unmarked.

In taking free hits and in rolling in again, quickness and accuracy are most important and are qualities that must be cultivated by every half.

II. CENTRE HALF

Just as the centre forward is the leader of the attack, so is the Centre Half the leader of the defence. The position is most suitable for the

captain of the team, since it falls very largely to the centre half to direct and control the game. Her responsibilities are great, and her work in defence and attack must be equally sound, and herein lies the real difficulty of the position.

Many centre halves are admirable in defence work but fail to support the attack. Without question to attack as well as to defend calls for great powers of endurance. Pace, supple wrists, a long reach, a keen sense of anticipation, and the power to think and act quickly are gifts of real value for a centre half. To these there must be added such assets as a clean drive, full command of the " push " shot, and experience.

Her first duty is to mark the opposing centre forward. If she can do this thoroughly, the strength of the entire opposing forward line will be robbed of half its power, but equally so does she diminish the attacking power of her own forward line if, at the same time, she fails to back up.

Directly the attack commences she must follow the forwards to give them the support they may need. She must be ready to field any ball cleared by the opposing defence and by a well-directed pass reopen the attack.

She has grand opportunities for shooting if she

is on the edge of the circle when her forwards are rushing the goalkeeper, but centre halves fail so often to intercept the clearance because they are too far behind. Again, for a corner she must back up closely behind the forward who is going to shoot, ready either to field the ball should it be missed or even to shoot herself.

Distribution of Play.

Many centre halves find it easier to pass from right to left, so that while the left wing is completely overworked, the right wing is neglected. The even distribution of the game must largely depend on the centre half, and it rests with her to get the maximum amount of work out of the players on both sides of the ground.

Before passing she must, when possible, first draw the defence. Sometimes it is necessary to dribble the ball up the field, but if she holds on to it a second too long she may put all her forwards off-side. She should therefore act quickly, always endeavouring to pass into an empty space ahead of a forward so that the latter can gather the ball on the run.

It is usual for the centre half to back up for the bullies, except those taken by the wings, and she must be ready to co-operate with the forwards

Photo: Martyn Bros., Cheltenham

PLATE VII.—THE FOLLOW-THROUGH OF THE DRIVE

should they flick the ball back for her to pass out to the wing. The majority of free hits are also taken by the centre half, and here again a thorough understanding with the forwards is essential.

To the centre half belongs the tiresome duty of tackling the opposing defence, advancing with the ball if her own forwards neglect to " tackle back." It is impossible to lay down any hard-and-fast rule when to tackle and when not to tackle, and nearly every case must be decided on its own merits; but, generally speaking, if it occurs near the enemy's circle, it is better to tackle at once, but in such a way as to cover the opposing centre as far as possible and force the pass in the direction of the wings, who should be marked. Even should the centre forward receive the ball, it must be passed to her at an oblique angle, and the necessary delay in collecting the pass gives some time to recover. If, however, such an occasion arises near her own circle, it is very dangerous to leave the centre unmarked except in the last resort, and more often than not it is better to remain marking in the hope that the forwards will " tackle back " in time.

Centre halves have more than a fair share of the work, and to increase it by rushing all over

the field tackling the wings, and so on, is foolish and disorganises the whole defence. This is quite a different matter from interchanging with the backs, which is sometimes necessary. If, for instance, the right back has had to tackle the left wing and the right half has not been able to get back, the centre half must fill up the gap in the defence by moving across to mark the left inner, while the left back marks the centre forward and the left half comes in to mark the right inner. The unmarked player nearest the ball is the most dangerous and, therefore, must be covered at all costs.

III. LEFT HALF

The special work of the Left Half is to mark the right wing and to prevent any pass from reaching her. Should the wing get away with the ball, the left half must endeavour to overtake her as soon as possible. This is not such a simple matter as it sounds, as the right wing is likely to be a very speedy player, so that the left half may often be forced to tackle her on the wrong side, which is a more difficult but quicker method from her position.

When the right wing is coming up with the ball, the left half should keep well out. A left

half who stands waiting to tackle on the 5-yard line gives the right wing a chance to try that most successful trick of pushing the ball to the right while she herself runs to the left of the half and picks up the ball on the farther side. If the right wing finds this method blocked because the half is standing close to the touch-line she will have to keep farther in, which tends to cramp her forward line.

The tactics of the left half depend very much on the pace of the right wing. If the latter gets away with the ball the left half should, if possible, overtake her on the stick side; but if she finds she is quite outpaced, then it is better for her to get back as quickly as possible to mark the right inner, since the left back will be obliged to tackle the right wing directly she cuts in towards the circle. When the breakaway occurs near her own circle, she must keep on the inside—that is to say, on the left of the right wing—and endeavour to intercept the pass as it is centred, if she finds herself unable to tackle from that side without fouling.

When attacking from a corner the left half should stand near the 5-yard line and well up the field. If the wing is taking the corner, she should be ready to rush in and secure the ball should it be mishit. In defending from a corner

which is taken on her side of the ground, she is for the moment a free-lance and therefore should stand so that she is in the best position to get out quickly and try to intercept the ball before it reaches the right inner.

It is easy for the left half to roll in parallel to the touch-line, but even when this is skilfully done the left wing will find it difficult to gather the ball, and the left half must therefore learn and practise all the different methods and tricks by which she may outwit the opposing defence, so as to give her left wing as good a chance as possible of breaking away.

Even in backing up the forwards the left half should keep well out, since she can cover more ground on her right side with her stick, and the opposing defence will certainly take advantage of any gap between her and the touch-line to pass the ball through to the right wing. Near her opponents' circle the left half should be ready for a pass back from her left wing if the latter is in difficulties, and therefore it is important that she should always back up.

At the same time the left half is the real defending half, as it is much easier for her than for the right half to go across and tackle in cases of need. On the edge of her own circle she may find it

Photo : Sport and General

PLATE VIII.—USE OF THE REVERSE STICK STROKE TO TACKLE THE RIGHT WING

necessary either to mark the right inner should the left back have crossed, or if all the defence have been passed, to cross over and tackle whichever of the opposing forwards is about to shoot. She is the last hope of the defence.

CHAPTER V

CENTRE FORWARD

THE Centre Forward is the leader of the attack and is largely responsible for the tactics employed for the scoring of goals. She must search for the weak spot in the opposing defence and concentrate the attack on this, remembering always that it is advisable to vary these tactics in order to leave the opponents guessing.

She must hold the line well together and always keep up level with the forward who has the ball so as to be ready for a pass.

Most important of all she must keep her place. If she wanders, the whole line is disorganised. As far as possible she should run up and down the field so that goal is directly in front of her. Occasions may arise when it is necessary for her to interchange with her inner, but this is the exception. The rule is that she should not deviate from the middle of the ground by more than three or four yards.

From the opening bully she should try to initiate an attack on the enemy's goal. In other words, she must secure the ball for her side from the bully off. A centre forward, therefore, would do well to study and practise all the different methods of the bully.

She must certainly have at her command every kind of pass—the short push pass for the inners, the forward pass between the back and the inner, and the long hard pass to the wing. She should again aim at sending the pass where the forward can pick it up at full speed, and should be on the look out for a player in a better position than herself to whom she can pass—especially in the circle.

In dealing with passes from the wings she should exercise caution as to which she takes as in some cases the pass is a little too far in front for the centre to get comfortably. She should make a feint of taking it but leave it to the inner, who will reach it at an easier angle ; so many passes going well for the farther inner are diverted by the centre.

Outwitting the Defence.

The centre forward will find that in most cases she is very closely marked by the opposing

centre half. If she is to evade her she must keep continually on the move, dodging backwards and forwards, but the secret of success really lies in going to meet her passes and not waiting for them to come to her. This is a matter of the greatest importance.

When the forwards are in the circle with one of the inners in possession of the ball, the centre should drop back to the edge of the circle. She will, by taking up this position, draw off the defence, and if the inner passes back, as she may do, the centre will be ready to rush in and shoot.

There are two particular methods of outwitting the defence which are worthy of mention. Centre forward is in possession of the ball, having successfully passed the opposing centre half. If the two backs are standing in line with each other (which, of course, ought not to be, but often is so) she has a grand chance to slip through the defence and score. Bearing slightly to the right the centre forward can engage the left back's attention by pretending to pass to the right inner. As the left back moves she pulls the ball instead towards herself, remembering to swerve to the left with her body too, and the way is open for the goal. If she is unable to keep control of the ball using this method, it is equally good to give

Photo : Sport and General

PLATE IX. – USE OF LONG REACH FOR KEEPING CONTROL OF THE BALL

it a smart tap ahead. This will give sufficient time to pass the left back, while the right back will find it very difficult to come over and tackle. Even if she should be able to do so, the left inner will be unmarked and a quick pass will enable her to shoot.

Again, when playing the short passing game, it increases the difficulties of the opposing defence if the centre, having received a pass from one of the inners, returns it immediately, since in passing to the centre the inner has disposed of one back, and the other will have farther to go in order to tackle the inner than she would if the centre had retained the ball and gone on herself. But it is as well to remember that the more unexpected the pass the more successful it will be, and it is the greatest mistake to overdo any kind of pass. Tactics, therefore, should be as varied as possible.

Perhaps the most nerve-racking ordeal of any forward is to be tackled by the goalkeeper on the edge of the circle, when she has successfully evaded the other defence and is about to shoot. It is not easy for her to remain cool and collected, and any hesitation on her part will give time for the defence to overtake her. If the other forwards are in line, a pass ahead is the best course

of action, but so often at the crucial moment the rest of the forwards are a little behind and she has to depend on her own efforts. She must then trick the goalkeeper either by drawing the ball to her left or by a " push " pass to the right while she herself runs round to the other side. Should the goalkeeper be late in coming out to tackle, it is better to shoot directly the circle is reached.

Photo: Sport and General

PLATE X.—PLAYER PREPARING FOR PUSH PASS TO THE RIGHT. THE HANDS ARE IN THE CORRECT POSITION FOR DRIBBLING

CHAPTER VI

THE INNERS

The Inners must excel at dribbling, passing, and shooting. They need plenty of pace, pluck, and a quick brain to puzzle and outwit the defence.

The first duty of the inners is to feed their wings, but they must use some discrimination in passing or they may starve their centre, who is in the best position for shooting. Roughly speaking, it is a wise policy to pass out to the wings in their own half of the ground, but in the opponents' half to keep the ball in midfield by short passes between the centre and the other inner. It must never be forgotten that the great aim of the forwards is to get the ball into the enemy's circle by the shortest and quickest way. A hard drive from the centre to the left wing when nearing the enemy's circle is unsound in theory and causes unnecessary delay. In most cases a pass to the left wing at this juncture is attempted, not because she is thought to be in

the best position, but rather because the inside forward has lost control of the ball and is unable to pass to the right.

It is imperative that the inners in passing should learn to pass ahead. To pass too square encourages the forwards to dawdle—a fatal habit. The ball should be passed at such an angle that the forward for whom it is intended can just reach it travelling at full speed. Having thus secured the ball and gained as much ground as possible, the inners must be careful not to throw away their advantage by not running straight. They must learn to make a bee-line for the edge of the circle. It is not nearly such a simple matter as it sounds and it needs constant emphasis.

Directly the circle is reached, the inner must shoot. There must be no dallying with the ball, trying to tap it into a better position. Only by practice will the inners learn to shoot the instant the ball has crossed the line, and they should never allow themselves in practice games, whether tackled or not, to delay.

Rushing.

All shots must be followed up immediately. Against the concerted rush of the three inside

forwards the goalkeeper has considerable difficulty in clearing the ball, and many more goals are scored on the follow-up than by direct shots from the edge of the circle. If they fail to get the ball through the goal the first time, and it is hit out, they must move back so that they are "on-side," dashing in again and again should the centre half or the wing recover the ball and put in a second or third shot.

Following the same principle the backs also must, as far as possible, be given no opportunity to clear where and how they wish. The moment the back gains possession of the ball it is the duty of the opposing inside forward to rush her. It requires courage to do so, but against a careless back, more often than not, the forward will intercept the ball. In any case she will have given her own halves a better chance to do so, and at the same time will have prevented the back from making a good opening for her own forwards.

"Tackling Back."

A back, finding she has no time to clear, will endeavour to trick the forward who is rushing her, and the latter, having lost the ball, must "tackle back" as soon as possible. Many backs, having successfully evaded the forward by a

clever bit of stick work, hold on to the ball instead of clearing at once, and a quick tackle will often rob them once more of the ball. The left-hand lunge is a useful stroke under these circumstances.

Even then the inner's work is by no means ended, for she must at all costs keep a straight line with her other forwards, and as soon as she has opened up the attack by passing to her wing she must get back into line again ready in position for a pass. She will need all her pace and considerable energy to accomplish this. It is exhausting and unattractive work to an inexperienced player, but so valuable in results that it should never be neglected. The inners in defending should not go farther back than necessary, as it only muddles the defence.

They can best help the defence by good combination with them, and an inner, while waiting for a pass, should not only get unmarked, but also move into the best position for securing that pass so that it is easy for the back to clear to her. Sometimes it is better to move up the field—sometimes out towards the wing ; if the latter, care must be taken that the opposing wing-half is not marking her and the wing as well, but in no case must the inners stand still and allow themselves to be marked.

Position.

Their position generally should be about five to seven yards away from their centre forward. With the increasing popularity of the short passing game, it is advisable for the inners to keep fairly close to their centre, and especially when nearing the opponents' circle. They must, however, be ready to interchange with their wing partner or with the centre should the other be forced out of position.

The special duties incumbent on inners in attacking and defending from a corner should be carefully studied. (See Chapter IX.)

For the roll-in the inner should be prepared to go right out to the 5-yard line and should get unmarked, so that the half is able to roll in to her if she is in difficulties. Very often, if in a good position, the inner can secure the ball and pass it right up to the wing. When the opposing side roll in, the inner must mark some opponent, generally her opposing inner. This, again, is a duty which is often neglected, particularly when the roll-in is in her own half of the ground, but failure to mark may give an opportunity for a straight roll-in to the centre of the ground and a quick dash for the circle by one of the opposing inside forwards. Unless the inner is well acquainted with all her half's methods for the roll-in,

she will be deceived as well as her opponents and will be of little use to her.

It is decidedly worth while to be able to bully well, and the different methods should be thoroughly studied and assiduously practised.

Care should be taken to avoid "off-side," and no inner should allow herself under any circumstances to be nearer to the enemy's goal than the forward who has the ball. She must be on her guard when there is a sudden check, and particularly in the circle, when the follow-up has failed, she must remember to get back " on-side " ready for the next rush.

The inside forwards are expected to score most of the goals, and good shooting is largely a matter of practice.

Last but not least, unsel shness must al ays be the foundation for all success. It matters not at all by whom the goal is scored, the credit is due to the forward who makes the opening, and no inner should try to score if another forward is in a better position than herself.

RIGHT INNER

Beginners usually find this position easier than that of left inner, as it is more natural to

pass from right to left. One of the chief difficulties is to feed the right wing. If it is not possible to draw the half before passing, the ball should be hit right ahead up the touch-line so that the wing has a chance to outpace the half.

Again, it is easier to shoot hard from the right than from the left, but there are two difficulties. The centre forward passes to the right inner to shoot; the ball at the moment when the right inner shoots is travelling away from her and therefore needs very careful watching. The goal space, too, is more limited; therefore a greater degree of accuracy is required. When the attack is coming from the right wing pair, the goalkeeper moves towards her left so that she can cover the space between her and the left goal-post with her foot, and therefore she has a better chance of stopping balls coming from the right wing pair than from the left wing pair. The right inner will generally find it is better to aim for the corner by the right-hand goal-post, since the goalkeeper has less chance of stopping a hard shot with her stick. If the right inner realises this limitation of goal space in shooting from the right, she would pass more to the centre or the left inner, who so often are in excellent positions

for shooting. A right inner who finds herself to the right of the goal-post and perhaps three yards from the goal line will find it difficult to score. A well-directed pass to her centre will enable the latter to shoot without stopping the ball.

It very often happens that the right inner is tackled on her wrong side just as she is about to shoot. If the back or the centre half makes the slightest mistake in tackling, she will be "fouled." This is most annoying, and unless she is naturally good-tempered it requires some self-control to remain unruffled. A right inner should make a supreme effort to get in her shot before her opponent can reach her; failing that, a short square pass to her centre is the best tactics.

It is a curious fact that few right inners give good forward passes to their centre, and yet apparently nothing can be more simple than to pass from right to left; but right inners would do well to remember that in passing from right to left the back has a long reach with her stick and therefore a much better chance to intercept a pass from right inner to centre than from left inner to centre. If only players would realise this, they would pass sooner instead of hanging on to the

ball; but many right inners, finding their passes intercepted, try to pass more square, with the result that the centre has to pull up and endeavour to retrieve the ball from behind her heels.

LEFT INNER

The chief difficulty with which the Left Inner has to contend is in shooting, which must necessarily be accomplished from difficult angles, but this difficulty can be largely overcome by practice. In the circle the left inner must be very wide awake. If the centre has the ball and is about to be tackled, she will probably send a short pass to her left inner, whom she will expect to shoot without stopping the ball. To shoot accurately off such a pass requires great concentration and careful watching of the ball.

Both for shooting and passing the left inner must be an adept at the "push" stroke. The use of the reverse stroke is inadvisable, and it is more satisfactory for the left inner to learn to run round the ball so that she can pick it up on her stick side.

The left inner should try always to give the left wing a forward pass so that she can pick it up running at full speed. Practice will

soon teach a player to pass from left to right as easily as she can from right to left, but in passing to her centre it is not easy to disguise the direction and to avoid doing the obvious thing.

Photo : Sport and General

PLATE XI.—LEFT INNER GIVING A PUSH PASS TO HER CENTRE FORWARD. OPPOSING CENTRE HALF TACKLES BY MEANS OF THE LEFT-HAND LUNGE

CHAPTER VII

THE WINGS

I. RIGHT WING

ALTHOUGH Right Wing is generally considered to be one of the easiest positions on the field, yet a player must be very speedy to do well there. She must also have a good eye and be able to dribble well. Possessed of these qualifications she should make rapid progress, because the work required of her is straightforward and simple to grasp.

She must above all things learn to keep her place, which is between the touch-line and the 5-yard line. She must always endeavour to dribble the ball as near as possible to the touch-line, and should only make an exception to this rule in order to draw the opposing half and leave herself sufficient room to slip through between her opponent and the touch-line. A right wing who wanders about cramps the game and enables the defence to concentrate so that the opposing left half can mark both the right wing and the

right inner at the same time instead of being obliged to give all her attention to the right wing, hovering on the touch-line, ready to break away at any moment. This is a very common fault and can easily be remedied.

A quick start is invaluable. A right wing should pay great attention to her stance. Except for a roll-in she should stand to receive her passes facing the rest of her forwards with her right shoulder towards the goal into which she is playing. In this way she can start quickly and avoid that fatal three-quarter body turn which is a waste of precious seconds and often entails a "foul." To stand and wait for passes with her back towards the opponents' goal is a bad habit easily acquired and difficult to cure, but always fatal to a quick start. The correct method suggested does not, as a general rule, come naturally to beginners.

Having dribbled the ball up the ground successfully as far as the 25-yard line, the right wing *either* must centre the ball hard while running at top speed (this is no easy matter and will require much practice) for the other forwards to pick up on the run; *or* she must cut in straight to the edge of the circle and shoot herself. Frequently right wings spoil a successful run by hang-

ing on to the ball too long, forgetting that every moment's delay is in favour of the defence and gives them the opportunity to get back to the edge of the circle and mark the inside forwards.

Centring.

When the right wing centres from the 25-yard line she should hit hard enough for the ball to reach the left inner and at such an angle that the centre forward and the left inner can pick up the pass at full speed, preferably just outside the circle. To pass square across the ground will force her forwards to slow down or to have the mortification of seeing the pass travel across the ground behind them and out of their reach. Forwards who have gained a start of a few yards on the defence lose all the advantage of this if the wing delays her centre or hits her passes too square.

Sometimes the defence are marking so closely that the ball is carried on beyond the 25-yard line right up to the goal line. The right wing should then try to pass back to the edge of the circle to give her centre or inner a chance of a clear shot.

On some occasions an inexperienced back will attempt unsuccessfully to tackle the right wing

on the touch-line. Having thus drawn the defence the right wing should not dally with the ball, but quickly give her inner a forward pass which the latter can pick up at full speed and make a dash for the circle before the other back or the centre half has time to fill up the gap in the defence.

Coming in to the Circle.

While her inside forwards are shooting and rushing the goalkeeper, the right wing should come in to the edge of the circle and try to shoot should the defence clear in her direction. In that case she must be careful not to get "off-side." Provided she does not wander far into the circle she will not muddle the inside forwards, but by keeping on the move will attract to herself the attention of the left half, who otherwise would certainly not, on such occasions, remain far out on the touch-line marking the right wing but could come in and mark the right inner. In this way the right wing herself may score goals, and in any case she helps to draw off the defence and therefore increases the chances of the other forwards.

One of the best methods by which a right wing can trick and pass the opposing half is to draw

in towards the 5-yard line while dribbling and, at the moment that the left half advances to tackle, to push the ball gently to the half's left, running round on the opposite side herself to meet the ball. This requires skill and therefore practice ; if the ball is hit too much at right angles it will go out of touch, and if too direct it will be stopped by the half's foot. It is inadvisable for her to run round her opponent on the same side as the ball ; a collision is inevitable as the left half turns quickly, and the fault is entirely with the attacking forward.

It is most important for the right wing to avoid " off-side." She must never allow herself to run in front of the forward who has the ball. She must keep in a straight line with the ball. She is then in a position to sprint forward and pick up a long diagonal pass from her centre regardless of the position of the defence as she was " on-side " when the ball was hit. It is worth remembering that she cannot be " off-side " in her own half of the ground, and a right wing can often gain a big start by waiting just inside the half-way line until the ball is hit and then dashing forward to pick up the pass at full speed.

A right wing can be easily marked, as she can only pass one way. She must therefore keep on

the move so as to make it possible for her half to send her the ball.

When her opponents are taking the roll-in she should watch the opposing back and stand opposite to the place where the ball went off and try to stop it from being sent to the back or centre half, which is a favourite device of halves who find their wing or inner marked. It will not be attempted if the wing is on the alert, as a mistake is too dangerous.

Beyond her opponents' 25-yard line it is sometimes advisable when the ball goes into touch for the right wing to take the roll-in. If there has been a quick run up the ground and the half is some way behind, it is better to waste no time as, if the roll-in is taken quickly, it is possible to send the ball to the edge of the circle before the defence has had time to get back and mark.

II. LEFT WING

Left Wing is a very difficult place to fill because it requires great pace, plenty of resource, strong and supple wrists, and perfect control of the ball in dribbling. Without such qualifications a player will continually find herself in a position

Photo: Sport and General

PLATE XII.—LEFT-HAND JAB STROKE

where she is unable to get rid of the ball, so that all her efforts are being wasted.

It is well to avoid at first the use of the reverse stick, as it is a stroke only acquired after long practice and quite useless unless perfectly executed. It should never be used except in the last extremity. A player should, therefore, aim at always keeping the ball on her right or stick side. To do this she should run to the left of the ball; sometimes it is necessary to go outside the touch-line when picking up a pass. The left wing should always keep well out on the touch-line when waiting for a pass, standing with her left shoulder pointing towards the goal into which she is playing, so that there may be no delay in starting. Since it is easy for a right half to intercept passes intended for the left wing, the wing must do all she can to get unmarked; she must endeavour to keep continually on the move. This worries the half and helps to divert her attention. The left wing should never stand still to take a pass, but try by running in towards the ball to get it while going at top speed. This is particularly important when she is near the opponents' 25-yard line.

When receiving a pass, the blade of the stick should be turned to meet the ball and held away

from the body. At the moment of impact the stick should be allowed to give slightly in the hand. This will prevent the ball from shooting off at a sharp angle out of control. There is rarely time to stop a hard pass with the foot or hand, so it is necessary to watch the ball very closely.

How to Centre.

The chief duty of the left wing is to make as much ground as possible with the ball and to give her other forwards opportunities for shooting by her accurate and hard centres. To pass hard from the left wing position running at top speed is extremely difficult and requires much practice. It is knack more than anything else. Since the ball is normally dribbled slightly in advance of the right foot, in order to centre, the wing should slightly overrun the ball so that its new position lies about a foot away from the right heel. Then as the stick is lifted, a half-turn of the body must be made from the waist so that the shoulders are now facing towards the centre. The ball should then be hit hard across the ground, and for this stroke strong and supple wrists are essential.

Some players find it easier as they start the swing back to slide the right hand down the

handle of the stick, and for the actual hit and follow-through to let it slip back into its usual position close to the left hand.

The pass should be hard enough to reach the centre of the right inner. Since the defence will have been drawn across the ground, the right inner generally has the best chance of slipping through and shooting.

Although as a rule the left wing should try to centre about the 25-yard line, sometimes it is better to go on herself. Unless she has a clear start of two or three yards, the half who is chasing her will be able to tackle her if she pulls up at all for her centre. It is better to centre sooner than the 25-yard line if she finds the half is catching her up. Otherwise the whole run is wasted. Again, variation of tactics will pay, and the more unexpected the pass the more successful it will be.

A short, quick pass to the left inner will often save the situation should the opposing half be too attentive. The left inner can always return the ball to the wing if she is unable to get on herself.

Coming in to the Circle.

Sometimes the left wing must take the ball right to the circle and shoot herself. The long

hard shot from the edge of the circle, difficult because it has to be hit at such a sharp angle, and the push shot from close quarters require considerable practice. She should always follow up her shots, but, should a goal not ensue immediately, she should return to her proper place. It is inexcusable to wander.

As in the case of the right wing, the left wing should come to the edge of the circle when her forwards are shooting and be ready to shoot should the goalkeeper clear in her direction, but she must be careful not to stand "off-side." The left wing has excellent opportunities for scoring if she is in the right place.

Left wings must remember to tackle back, particularly in their own half of the ground. They will not always get the ball, but they will force their opponent to pass before she has had time to draw one of the defence, and will give the left half a chance of securing the ball. Wings should not go farther back than their own 25-yard line, except in special circumstances.

It is difficult for a left wing to break away after the roll-in, but, if her half rolls the ball right up the line, she should be able to make use of her pace to outdistance the half and to pick up the ball on her stick side without slackening her

speed. It is better not to stand too far away from the roll-in, as the opposing half, in her endeavour to mark closely, will probably follow her back, but if the left wing remains close to the roll-in she can dash forward at the very last moment. The alternative method is for the half to roll the ball straight to the left wing, who will immediately hit it back to the half. The left wing will start away down the line, and her half now in possession of the ball must endeavour to draw the opposing half before passing.

In conclusion, let left wings remember that if they are unable to centre hard and accurately, however good otherwise they may be, they are of very little use to their side, and yet so many left wings after a brilliant run down the field finish again and again by dribbling the ball over the goal line. It is also very easy to get "off-side" and very easy to "foul," particularly in making her centres, and, since carelessness is the chief cause, these are faults which should always be avoided.

CHAPTER VIII

SHOOTING

GOALS are scored in many ways, of which the most important are the long hard shot and the "push" or "flick" shot from close quarters.

The use of lighter sticks and the development of stick work has rather led to the neglect of clean hard shooting, but the value of this form of shot is so great that it will certainly recover its popularity. First, in order to shoot quickly, the ball should be hit at the moment it crosses the line of the shooting circle and must not be given a series of little taps to get it into a better position. In practice games it is absolutely necessary to shoot from any position and never to wait for a comfortable stance. Sometimes a better stance for shooting can be obtained by taking a longer stride, sometimes by a quick shuffle of the feet. The important thing to remember is not to move the ball but the body into

Photo : Sport and General

PLATE XIII.—SHOOTING ON THE RUN

position. It is the body and not the ball which is at fault.

Next, hard hitting does not depend on the length of the swing. A short quick swing is quite sufficient; the extra pace on the ball is gained by the follow-through. To swing right back in the attempt to hit the ball harder entails loss of valuable time and generally leads to sticks."

It is always better to aim for corners of the goal, as wild hitting is very ineffective against a good goalkeeper. Only by practice can any measure of accuracy be obtained. Another secret of success lies in watching the ball. All are agreed that it is fatal to look up at the moment when the ball is being hit, but it ought not to be necessary to look up at all. Each player should note her position on the field before she receives the ball, and if she runs straight for the goal—as she should do—she already knows the angle at which to shoot. It is possible to see the white goal-post without actually taking the eye off the ball.

When shooting from the left the ball should be kept closer to the body and farther back than is customary, roughly on a line with the heels. From the right it is possible to put in a hard shot

from almost any position, but care should be taken not to lift the ball, which is easily done if it is too far in front.

Following up.

Every shot should be followed up immediately by the three inside forwards. The goalkeeper may save the first shot, but if she allows the ball to rebound off her pads, out of her control, or if she is slow in clearing, forwards who are prompt to run in will invariably score. The halves and wings should be at the edge of the circle ready to shoot again, should the goalkeeper succeed in evading the inners.

The Push Shot.

The " push " or " flick " shot can be used with deadly effect for the scoring of goals, and of all shots is the most dreaded by the goalkeeper. When dribbling, a forward should keep the ball a little in advance of the right foot ; for the push shot a player should somewhat overrun the ball so that its new position is about two feet to the right of the body ; then leaning slightly on the stick, with the help of the wrists, she should " flick " or push the ball almost at right angles across the goalkeeper into the left-hand corner

of the net. Many players lift the ball nearly knee high, but if the ball is flicked in with a sharp turn of the wrists, it scarcely leaves the ground, although it is quick enough to deceive most goal-keepers.

As in all games the strokes are rarely made, even by good players, in quite the same manner, and the push stroke is no exception. After some practice a player will soon find out the method which best suits her. Some players find it simpler to have the ball in front of the body and make the stroke with a straight arm, while others prefer to keep it nearer to the heels, depending entirely on their wrists for the deflection of the ball.

CHAPTER IX

CORNERS

Duties of the Defending Side.

A COMMON fault in defending from a corner is the failure to realise that every player has an appointed duty. For sake of illustration, we may suppose that a corner is being hit by the attacking left wing. What is the particular duty of each of the defending side ?

The right wing and the right half should attempt to intercept the ball. Corners are sometimes mishit ; but if these two players stand close to their own goal, crowding the other players, as is so often done, instead of within five or ten yards of the side line, they will gain little advantage from a mishit corner.

Should the ball be hit hard and true to the attacking forwards out of the wing's reach, her duty is to place herself in the best position for receiving the ball from her own defence, by whom it may yet be retrieved. She should therefore

not stop running until she has crossed her own 25-yard line. The defence dare not clear down the middle of the field if hard pressed, and generally rely on the wings waiting on the side line to initiate the next attack on the enemy's goal.

The right inner and right back should both be marking the opposing left inner, and should stand on the goal line as nearly as possible opposite to her. Directly the ball is hit, they should rush out at her; the right inner should tackle first, and if she fails to get the ball, the back should then in her turn tackle. The right inner should in that case run on out of the circle and not stop until she has passed the 25-yard line, ready also to carry on should the ball be cleared to her.

The same applies to the left inner and left back, who should mark the opposing right inner. These two players particularly must be on the alert. Generally the ball hit by the left wing is sent to the left inner or the centre forward, but occasionally it is hit right across the circle to the right inner, and if the left inner and left back, not expecting the ball, are slow in running out, a goal will probably be scored.

The centre forward should be tackled by the opposing centre forward, with the centre half in support, but the defending centre forward must

also watch the attacking centre half in case she should shoot.

Left wing should run straight out, as the ball is not on her side, and, like the right wing, should get well up the field ready to receive the ball should the defence be able to clear it out of the circle.

It is important to note that if this method be followed, all the defending side, except the goalkeeper, should at least be at the edge of the circle by the time the attack receives the ball preparatory to shooting. Even if the defenders are unable to tackle in time to prevent the shot at goal, the goalkeeper still has a good chance of stopping the shot, because it will be hit from the edge of the circle, and she will have a clear view of it. So often a goal is scored from a corner for the sole reason that the unfortunate goalkeeper was unable to see the ball.

Duties of the Attacking Side.

Now let us consider corners from the attacking point of view. The ball should, of course, be sent to the best and quickest shot of the three inside forwards, or occasionally to the centre half. It should be hit hard and accurately; therefore a wing must practise taking corners. A sliced or

Photo: Sport and General

PLATE XIV.—A METHOD FOR TAKING A CORNER. THE RIGHT INNER STOPS THE BALL

chopped shot is useless. It is also well to remember that the ball must go to the stick side of the forward who is to shoot. It is more difficult to shoot and takes longer if the ball is received on the left. Some wings are even careless enough to send the ball so that it is received just outside the circle, making it impossible to shoot at once.

There are several methods of taking corners :

1. For the inner to stop the ball with her hand or foot and for the centre to shoot, or *vice versa*. For this method stopping with the hand is preferable.

2. For the inner to pretend to stop the ball but actually to let it go on to another forward.

3. For the inner at the last minute to rush towards the ball, thus giving the defenders who are running towards the spot she has just left no time to change their direction. This means that she will have to shoot from an awkward angle, but the method works quite well if not tried too often.

Sometimes it is advisable for the left wing to send the ball to her right inner rather than the left inner to shoot, and *vice versa*. The defence may be caught napping and a goal ensue. But here again the method will not succeed unless

the other forwards are prepared for this movement.

The inside forwards must always be ready to follow up after the shot and try to get the ball into the goal from the rebound off the goalkeeper's pads. Even if they cannot reach the ball before the goalkeeper, they force her to clear quickly, either over the back line, which means a penalty corner, or out to the sides, where the wings should be waiting at the edge of the circle ready to stop the ball and shoot again. Comparatively few wings ever remember to come in to the edge of the circle on such occasions, and they lose golden opportunities for shooting. Wing halves should also be well up behind their forwards, ready to field the ball when cleared by the opposing defence and return it to their own forwards to shoot again. It is true that should the halves make a mistake the opposing wing will be able to break away, but they still have to cover nearly the whole length of the ground, which gives the halves time to overtake them and rectify their mistake.

PENALTY CORNERS

I consider that almost every penalty corner should be a certain goal, but it is surprising how

few goals are really scored from them. This is partly due to lack of practice in taking corners, but more often to inability to hit quickly. The pace at which the ball travels does not depend on the height to which the stick is raised in the swing back. It is the follow-through which matters ; therefore a short quick swing with a good follow-through should be cultivated.

Most books on men's hockey insist that a penalty corner should not be hit by the wing as hard as an ordinary corner. Men hit infinitely harder than we do, and hence such advice is sound enough for men but most misleading for women. A penalty corner should be hit hard. The quicker it travels to the forward who is going to shoot, the less time there is for the defenders to reach it. A hard hit also is clearly easier to stop than a soft one which bumps, and on uneven grounds is often deflected out of its course.

Penalty corners may be taken from whichever side of the goal the attacking forwards prefer, and anywhere on the goal line, provided the spot chosen is not within ten yards of the nearer goal-post. It should be realised that the striking circle meets the goal line fifteen yards from the nearer goal-post.

CHAPTER X

THE ROLL-IN

"THE roller-in must have both feet and stick behind the side line." It is necessary to draw attention to this part of the rule. The violation of it is due to carelessness or ignorance, both inexcusable, and yet it is flagrantly and frequently broken by many players who should know better.

"The ball must not be bounced, and must touch the ground within one yard of the point where it crossed the side line." This is another very common fault, but less easy to avoid. Girls have generally little aptitude for rolling a ball smoothly along the ground, and what comes naturally to a boy can only be acquired by girls after much practice.

First, it is essential to bend down so that the hand is on a level with the ground; next, remember to swing from the shoulder and to follow-through with the wrist. As the failure to keep

Photo: Sport and General

PLATE XV.—A ROLL-IN: STICKS AND FEET BEHIND THE LINE

the rule gives the roll-in to the other side, it is a serious penalty and means the loss of much ground.

It is important to take the roll-in as quickly as possible, as there is a better chance of finding an unmarked player, but it is only waste of time to roll in before every one is behind the 5-yard line, including the player who has fetched the ball. The wing halves generally take the roll-in, but when there has been a quick run up the touch-line and the ball has been sent out by an opponent, it is sometimes better for the wing rather than the half to do so. In this case the half must not be lazy but seize the opportunity to regain her place close up behind her forwards, so that she is in a good position to receive the ball should the wing wish to roll it to her.

It is usual in one's own half of the ground and in midfield to roll the ball right up the touch-line, as nearly as possible parallel to it, so that the wing may be given a chance to outpace the opposing half and gather up the ball on the run. The ball should not be rolled in directly to a wing when the half is marking her, but always to an empty space ahead of her. Wings must use their common sense as to how far up the line to stand. Naturally it is better to gain as much ground as

possible, but since many halves are unable to roll in a great distance, the wings should stand so that the ball can be sent at least five or six yards beyond them. If a wing finds her half weak in this respect and herself closely marked, she can often get a start by suddenly, just at the last moment, moving still farther back towards the place where the roll-in is being taken, and equally suddenly, as the ball is rolled in, advancing up the line again. The opposing half will often be deceived and move back too, not expecting the ball to be rolled ahead.

Since variation of tactics is the foundation of success, other methods of rolling-in should be studied and used, but the halves must acquaint the wings and others of their side concerned with their plans, or it is probable that their own side may be as successfully deceived as the opponents.

One useful method is for the inner to come to the 5-yard line opposite the half who is rolling in. The latter will roll a short ball to the inner, who will immediately hit it back to the half and run away up the field. The opposing half will be bound to tackle the roller-in as she is in possession of the ball, and this will be her opportunity to hit the ball right ahead to the wing or the inner, whichever may be in the better position.

Another method is to pretend to roll the ball up the wing but in reality to send it to one of the defence, usually the back or possibly the centre half. The half should swing her arm forward but, instead of letting the ball go, reverse her swing and with a sideways movement of the arm gently roll the ball to the back, who can clear hard up the ground to the forwards. This should not be done too often, nor should it be attempted near one's own circle, as a mistake would be very serious. The opposing wing should always be on the watch for this trick. It is quite sufficient for her to stand opposite the roll-in to prevent it ever being attempted, but many wings are so occupied in endeavouring to secure the ball, which is after all the business of the half, that they move too far back and leave the way clear for the ball to be rolled to the defence.

Again, when rolling-in in the enemy's "25," the wing and inner should drop back on a line with the ball. The half can then pretend to roll in to them, but instead should send the ball hard towards the edge of the circle. Sometimes the defence will be caught napping, and if the centre or the inner are quick on the ball they get a good chance of scoring.

I would add one word of caution. In the

opponents' half of the field, wings are so anxious to get a good start that they stand " off-side " for the roll-in, and halves should be careful to notice this and avoid sending the ball to them unless they are standing " on-side."

In defence, as much ground as possible should be made by the roll-in. In attack, it should be made the means of securing a good opening for the forwards.

CHAPTER XI

BULLIES

The bully is the method by which the game is started, and the side which can secure the ball from the opening bully has begun the attack on the enemy's goal. Inside forwards should study and practise the different methods enumerated in this chapter so that they may gain for their side the initial advantage.

1. **The Forward Push.**—This is a quick wrist shot to the right inner between the opposing centre forward and centre half. The ball may no longer be pushed between the opponent's legs, as this is now declared to be a "foul."

2. **The Pull Back.**—This stroke to the centre half is performed with the reverse stick. The centre half should immediately hit the ball out to the right or the left wing.

3. **The Half-Pull Back.**—This is a stroke by which the player pulls the ball back with her reverse stick as before, but steps back on to her

right foot at the same time, keeping control of the ball herself, which she can then pass to the right inner or the right wing.

4. **The Short Pull.**—The player can pull the ball towards herself, jumping backwards with both feet at the same moment, so that she can then hit the ball out to the left wing.

5. **Lifting.**—The ball may be lifted over the opponent's stick by a sharp push followed by a sudden pull up of the stick.

Photo: Sport and General

PLATE XVI.—A METHOD OF BULLYING. CENTRE FORWARD WITH REVERSED STICK GIVES THE CENTRE HALF POSSESSION OF THE BALL

CHAPTER XII

HINTS TO COACHES

Grounds.

I FEEL I cannot emphasise too strongly the need for full-sized grounds, properly levelled, with a good surface. It is impossible to play good hockey on a bad ground, and yet there are comparatively few good hockey grounds. If the ground is too narrow or too short the forwards particularly are cramped and combination is much handicapped. The game rapidly deteriorates, and among weaker players generally ends in frequent scrimmages and rough play, and instead of enjoyment comes irritation and disgust.

It is equally upsetting to play on a ground which resembles the roof of a house. On one side the wings never see the ball, while on the other halves spend the entire time rolling in. Neither is it possible to play hockey on an uneven ground which suddenly rises to meet the player and then as suddenly sinks away. Sometimes an

absolutely level ground is unobtainable, but not so good surfaces. The grass should not be allowed to grow long or coarse, and unless too wet the ground should be rolled daily. With persuasion even the worst groundsman can be coaxed into cutting the grass short and rolling regularly. Short passing—now such an important feature of the game—and fielding with the stick rather than the feet cannot be successfully done on an uneven rough surface. A bad ground ruins hockey.

It is advisable to supervise the marking of a ground. Touch-lines marked at right angles to each other, the correct size for the circle, the marking of the 5-yard line for the roll-in are often considered by a groundsman to be matters of no importance.

I had considerable difficulty with one man who confused the radius with the diameter of a circle, with the result that the shooting circle was half its proper size. When I told him he was wrong, nothing would convince him, and he declined to make any alteration until my statement had been confirmed by some one who knew something about the matter. I begged him to consult any one he liked, and a day later was relieved to find that the alteration had been made.

What to Teach.

I think most coaches would consider that perhaps their greatest difficulty is to decide what is essential to teach and what can be more easily omitted. The time is generally very limited. In most schools girls will probably not be coached for more than one hour per week, and often, owing to bad weather and illness, the average is far less. It is better to allow players to have a hard game for quite fifteen minutes. Too much coaching means continual stoppage of the game, and the players who are not getting much personal attention are apt to lose interest and play without much zest.

There are certain things which a team, certainly of younger players, will only learn from the inspiration of the coach—namely, combination, necessity for marking, and quickness on the ball. Combination is of very great importance. It should be instilled into the minds of girls while still at school. Individual effort will then follow naturally.

Combination.

It is heart-rending to see in a school team one very good individual player who has, as a rule, no

idea of making openings for the others. Probably in matches she scores most of the goals; she leaves school with high ambitions, but among club and county players she makes little progress and apparently plays worse and worse every day. Naturally she is puzzled and thoroughly depressed. She has yet to learn that among better players individual runs will always be frustrated, but that combination will succeed.

Selfishness is difficult to cure if not dealt with at school, and many girls with real natural ability for the game never win county honours, for the sole reason that they were never made to combine in their school team.

A coach can insist on combination without crushing individuality. There are occasions, which cannot be taught from a book but only by a coach, when it is absolutely necessary for a player to go ahead with the ball oneself, and therefore every girl must learn that *the ball should go to the player in the best position*. If she be that player, then let her not hesitate but make the best of her opportunity. If a girl is thoroughly grounded in the elements of hockey—that is to dribble well, and not only to run fast but also to start quickly—combination cannot crush individuality. She will learn rather through

combination the right moment for individual effort.

Marking.

Just as combination must form the basis of attack on the enemy's goal, so marking must always be the foundation of a sound defence. To mark is to stand between an opponent and the ball. It is difficult to make girls realise this. So frequently to them it means merely to stand by or even behind a player instead of keeping between their own particular opponent and the ball.

When they have learned its proper meaning, it is well to test them by blowing the whistle occasionally just when the opposing forwards are on the point of shooting and making all the players stand still. It is then obvious to the most stupid which of the defence are marking properly and which are not.

Quickness on the Ball.

Quickness on the ball has a wide meaning. For a few it may be a natural gift, but for all others it should be an acquired habit, resulting from the sound training given them by their coach. Without it no player can gain distinction in the

hockey world, and, like most good habits, the easier it is acquired the better. Many girls have plenty of pace, but when in possession of the ball they loiter. This should never be allowed. It must be remembered, too, that a quick start is invaluable. The ability to start running at top speed is achieved by few, but could, I am convinced, be attained by all with practice, though this may appear to be a bold statement.

Again, no one should wait for a ball to come to her when by moving she could reach it sooner. Forwards and halves should be taught to field the ball with the stick as much as possible, but backs must put safety first, and should field with the foot and stick or the foot alone, whichever method each individual finds to be quicker. In stopping the ball with the stick two faults hinder quickness and should be guarded against—holding the stick rigid and slipping the right hand down the handle.

Practice and Training.

In England training is not taken very seriously by most hockey players, and an ordinarily healthy girl is considered capable of playing two or three times a week without special preparation or care. Hockey is rightly regarded as a recreation, not as

a business, and for that reason is tremendously popular. I think that some of the American girls overtrain, and that it is a mistake to play in a hard match without sufficient food. Personally I like a suet pudding before a match as it is very sustaining, but probably most players would not agree with me. I do think, however, that keen hockey players should avoid late nights before a match, for want of proper sleep does seriously affect play. In wet weather regular skipping will keep a player fit.

Most girls' idea of getting into training is running at a jog-trot so many times round the garden. It may make them fit, though the same result could be reached by skipping, but my experience is that this seriously affects their pace. They introduce the habit of jog-trotting into the game, and they are slow in getting off the mark quickly. It is better to make them sprint 15 yards, and then walk 15 yards, and then sprint again, and so on. This will teach them to start quickly. Relay races also are very helpful if varying distances of from 30 to 100 yards are taken. A game that tends to become dull and slow will be immensely improved by a ten minutes' interval for relay races. It seems to stir the enthusiasm of the players and to brighten them up, and the

game will afterwards be continued with much greater zest. Relay races can also be run dribbling the ball. Only it is necessary to see that all players dribble with the ball close to their stick, which, in their excitement, they are apt to forget.

Another good practice game for hitting is for two sides of any number to stand alternately in a circle. Two balls are required, one for each side. The balls are started at opposite sides of the circle and passed from player to player on the same side round the circle in the same direction. No interference is allowed, the object being to overtake the ball belonging to the other side. This necessitates accurate passing and quick fielding of the ball, and the team which does this best will win. The ball may or may not be stopped, whichever method in the coach's judgment gives the best practice.

Coaches will find that their teams will benefit tremendously by practice in corners and rolling-in, as well as in running and hitting. Girls require much practice to become proficient in corners and rolling-in. Corners should be considered from the attacking and defending point of view, and every girl should learn to do her own piece of work well. The forwards should be taught the different methods of taking corners,

and then allowed to choose the method which comes most naturally to them, and should be given plenty of opportunity for practice. Rolling-in should be dealt with in the same way. The different methods should be taught, and girls who are unable to roll the ball in after the correct manner should be made to practise by themselves until they have learned to do so.

It is encouraging to see that some counties are forming junior teams. The idea is thoroughly sound. If girls are to develop into good players, they must be taught when young. Therefore it is most important that juniors should be properly grounded. So frequently in schools the better and more experienced coaches take only the School Elevens or the older and better players. In the long run this system does not produce the best results. Want of coaching among the younger girls leads to bad habits, and bad habits are always difficult to cure. I should recommend that in a school the senior coach should give some of her time to the junior players and beginners. They should be taught to hit and dribble properly, and also to keep their places on the field. The more promising players should be carefully watched and where possible given extra coaching. Quicker progress is certainly made if the younger

children play together, and all schools who have more than thirty girls between the ages of twelve and fourteen or fifteen should be able to run a Junior School Eleven. This Junior Eleven will later form the nucleus of the School Eleven, and, having been well grounded from the start, will be ready to receive more advanced coaching during the last two years of their schooldays.

Umpiring.

Much has been written lately on the subject of umpiring, and the evidence is fairly conclusive that there is a great demand for good umpires, and that good players are not by any manner of means always good umpires. It is well, therefore, to encourage girls to umpire as much as possible at school. It would be a very big undertaking to teach every girl who played hockey also to umpire, but some encouragement should be given to those girls who are perhaps not particularly brilliant at the game themselves. Very often, too, there are delicate girls who are unable to join in the games and are only too grateful if they are allowed to share in the fun by umpiring. Many of these, in time, become quite proficient. It is a good plan when coaching to have two girls umpiring at the same time. The coach can

always remedy their mistakes or omissions, and much can be learned in this way.

Common Faults.

Among the better and more promising players in club and even in county hockey, it is to be noticed that there are certain very common and unnecessary faults which have become habitual and are not easily cured but which are detrimental to the future progress of the player.

A forward should never be allowed to stand and wait for a pass with her back towards her opponents' goal. She must stand with her right or her left shoulder pointing in the direction of the goal into which she is playing, so that she can start running at top speed directly the ball is passed to her.

Some forwards are very lazy about "tackling back." The best remedy is to make them play half for a week or two. They soon realise the difference between playing behind a lazy and an energetic forward. Girls should be taught to shoot directly they reach the circle, and should never be allowed to wait and tap the ball into a better position.

Careless hitting should also be discouraged. A back particularly should learn that it is not

only rough but bad play to drive the ball straight at an on-coming forward. Backs should be taught that as soon as they get the ball they are like forwards, and must have at their command all the tricks and dodges which may outwit their opponents who will immediately tackle them.

Few people intentionally undercut the ball, but a player who continually raises the ball when she hits it is in most cases undercutting, though, of course, due allowance should be made for a rough ground. Undercutting is really dangerous, and a player who is guilty of it, either intentionally or not, should be shown the cause. Thereafter each repetition of the offence should be penalised.

It is advisable to discourage the use of the reverse stick until a high standard of play has been reached. Miss Wilcock, the international left wing, uses the stroke to perfection, but in the early stages of hockey the need for it nearly always arises from bad foot-work. Players should be taught to run to the left of the ball so that they can pick it up on their right or stick side, rather than scratch about with the reverse stick.

The teaching of strokes needs demonstration, and it is difficult to give much instruction through

a book. Coaches should, therefore, find time to explain the movements by which the more important strokes are carried out. The left-hand lunge, the "push" stroke, the reverse stick tackle, and the right-hand jab are the most used.

CHAPTER XIII

UMPIRING

A GOOD Umpire exercises a very real influence on the course of a game. When once confidence is established between players and umpire, the standard of the game will at once reach a higher level and there will be fewer infringements of the rules, with the consequent result of a faster game.

And yet good umpires unfortunately are still rare. To be able to play well does not mean that one is of necessity able to umpire well. Indeed it is rather the exception, for umpires require experience as well as a thorough grasp and real understanding of the rules. It is only through experience that umpires acquire that quickness of perception and sound judgment which enables them to give firm decisions without delay.

" Each umpire shall take half the ground for

the whole game without changing ends, and she shall also take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground." It is imperative that the division of the ground should be from one goal to the half-way line and not from goal-post to goal-post. This is an elementary mistake, but far too common, especially among schoolgirls. The umpire also takes the whole of one side line and gives all the necessary decisions concerning the roll-in, when and where the ball crossed the line, which side rolls in, and so on.

Umpires should stand on the right-hand side of the attacking forward line so as to secure the best view of the game. Except when the ball is in the circle, it is better for them to be out on the 5-yard line so that they are not in the way of the players, and at the same time they are in the best position to judge off-side. As far as possible they should move up and down the ground, keeping in line with the ball.

The number of goals scored and the names of the scorers should always be written down. A book of the rules should also be carried, not so much for reference for the umpire herself, but as the only means of convincing obstinate players that certain rules really exist. One of the two

umpires should be responsible for keeping time, and, in case of an accident resulting in a temporary stoppage of the game, the time should be carefully noted. The whistle should be fastened round the neck, or to a button of the coat, and kept near the mouth ready for use. Otherwise in the excitement of the moment it is very easy to blow at the wrong end or cover the hole with the fingers.

The art of umpiring does not merely consist in making correct decisions. Every umpire must remember that, though she is there to see that the rules of the game are kept both in spirit and letter, she must never allow herself to be fussy or over-zealous in the execution of her duties. If her decisions are questioned she must be firm, but calm and good-tempered, and she must not allow her judgment in any way to be biased by the remarks of the players or the spectators.

Many umpires make the mistake of blowing the whistle and talking when there is no need for it. For instance, it is generally unnecessary to whistle when the ball is hit out of touch. It is also quite sufficient to show by pointing which side is to take a free hit, the roll-in, or whether it is a corner or "25." A most reprehensible habit is to blow

the whistle for a corner. Invariably the players rush out when the whistle is blown, instead of when the ball is hit, and the corner has to be taken all over again. The umpire should notice whether the feet and sticks of the defending side are behind the line. As soon as they are ready, a nod to the player who is taking the corner is sufficient, and the whistle should only be used if the defending side rush out before the ball is actually hit.

Umpires must remember that "off-side," fouling, kicking the ball into a favourable position, are particularly offences which affect the course of the game, and from the start these offences must be fully penalised.

Finally, "the umpire shall refrain from putting the provision of any rule into effect in cases when she is satisfied that by enforcing it she would be giving an advantage to the offending team." If, for instance, a forward is fouled by a back in the circle just as she is about to shoot, the umpire must decide whether it is better to award a penalty corner, or to refrain from whistling, as there is every chance that the forward may score a goal in spite of the foul.

CHAPTER XIV

THE RULES: COMMENTS AND EXPLANATIONS

RULE 1. Although county and club teams usually play 35 minutes each way, better results are obtained among schoolgirls if the duration of the game is limited to 50 minutes or, at the outside, 60 minutes.

RULE 2. Some teams prefer to play three backs instead of two backs and a goalkeeper. As the goalkeeper has two privileges, namely, kicking the ball in the circle, and greater license in stopping the ball with her hand than the other players (Rule 12), it is necessary for the umpire to know which of the three backs has the right to the goalkeeper's privileges in the circle.

RULE 3. Smaller grounds than the regulation size are not conducive to good hockey even among schoolgirls, and every effort should be, made to secure full-sized grounds.

RULE 4. The initial expense of cross-bars and nets is certainly justified for all grounds, whether used by experienced players or beginners. Without nets and cross-bars an umpire may easily give wrong decisions, which are always to be regretted.

RULE 6. The use of composition balls is far too general. The rule clearly states a "leather cricket ball," and none other should ever be used. Composition balls are dangerous, as they are apt to rise in the air.

RULE 7. (*a*) Shoes with nails such as are worn for golf are not allowed. Club players are often very lax about this.

(*b*) It is noteworthy that a rule has now been inserted fixing the length of tunics. Very short tunics give no extra freedom and are unbecoming.

RULE 10. No goal can be scored unless the ball has been touched inside the circle by one of the attacking side. If the ball is hit outside the circle but passes between the goal-posts, it is a "25"; if, after being hit from the outside circle, it is touched or hit inside the circle by one of the defending side and passes through the goal-posts, it is a corner.

"Off-side."

RULE 11. It is the duty of every player to understand the "off-side" rule, but it is a curious fact that the majority of players, if asked to explain it, answer that there must be three of the defending side between them and the goal, and, finding in practice that this explanation is unsatisfactory, they decide promptly and finally that the rule is beyond their comprehension. First, let every player understand that she cannot be "off-side" if she is behind the ball. If only forwards would learn to keep in line with the player who is dribbling the ball and see that they are never in front of her, half their difficulties would vanish. Secondly, whether or not they are "off-side" depends on their position at the moment the ball is hit. Thirdly, there are two exceptions. They cannot be off-side in their own half of the ground, or if there are three of the defending side between them and the goal. Finally, it is in trying to rush the goalkeeper that players must be on their guard against "off-side."

RULE 12. (*a*) This rule forbids also the stopping of the ball in the air with the stick if it is raised above the shoulder. The lifting or knocking up of an opponent's stick is not allowed.

(*c*) A player who continually raises the ball, partly because she stands too far behind it, and partly because she drags the face of the stick across the ball instead of following through, is, whether intentionally or not, undercutting and deserves to be penalised as she is dangerous.

(*e*) In stopping a corner hit with the hand, forwards should be careful not to push the ball forward a few inches as they rise from their stooping position.

(*f*) Players who allow the ball to rebound off their feet into a good position when stopping it are considered to be " kicking " the ball.

(*g*) It is illegal now not only to hit the ball between one's own feet, but also between the opponent's feet at the bully.

(*i*) A most important rule which should be strictly kept, as the violation of it entirely spoils the game. Players should note that they may not :

(1) Turn on the ball. The left wing, in trying to centre, is a frequent offender.

(2) Dribble the ball with the left shoulder pushed forward so that an opponent is unable to tackle.

(3) Hit or dribble with the reverse stick so as to prevent an opponent from tackling.

(4) Stand blocking the way when the ball is behind so that the opponent is delayed.

The goalkeeper is awarded two particular privileges which may be used in the circle only—kicking the ball, and more license in stopping the ball with the hand.

RULE 13. The free hit shall be taken from the spot where the breach of the rules occurred. The ball may not be hit while it is still moving, neither may it be pushed. It must be hit. If the opposing side are standing within five yards, the free hit need not necessarily be taken again, as the delay may penalise the wrong side.

RULE 14. In the case of a penalty bully all players must stand in the field of play beyond the 25-yard line. They are not allowed to stand behind the goal line.

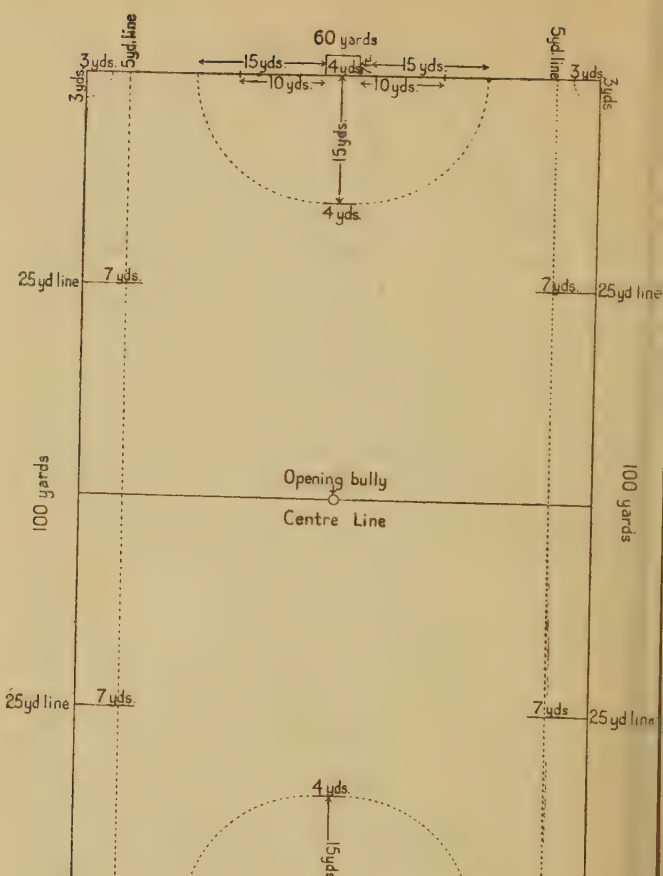
RULE 17. (*a*) No player may take a flying shot at the goal off a corner, but the ball must first be stopped.

(*b*) In the case of a penalty corner, it may be taken from either side of the goal-post. It does not depend on the side on which the ball went off.

(*f*) It is often impossible for an umpire to see an accidental kick by a forward who is dribbling the ball, but many players remembering the

spirit of the game pull up immediately, since whether or not the umpire whistles, the delay has counterbalanced any advantage they might have inadvertently gained. A more difficult problem is when a player accidentally kicks a goal, and owing to the other players between her and the umpire, it is not seen by the latter. It seems right in such a case that the offender should herself inform the umpire, who should then reverse her decision.

If the ball lodges in the goalkeeeper's pads she should pick it out immediately and drop it where she is standing.



PLAN OF HOCKEY FIELD.

RULES OF THE GAME OF HOCKEY

1. **Teams.**—The game of hockey shall be played by two teams of eleven players, *i.e.* five forwards, three half-backs, two backs, and a goalkeeper; but this formation shall not be compulsory. The duration of the game shall be 70 minutes (unless otherwise agreed by the respective captains), half-time being called after 35 minutes' play, when the teams shall change ends.

2. **Captains.** — The captains shall (1) toss for choice of ends; (2) act as umpires, if there be no umpires, or delegate the duties of umpires to one member of their respective teams; and (3) indicate the goalkeepers for their respective teams before starting play, and after any change of goalkeeper.

3. **Ground.**—The ground shall be rectangular, 90 to 100 yards long for Clubs, not less than 85 yards long for Schools, and not more than 60 nor less than 55 yards wide. The ground shall be marked with white lines in accordance with plan on opposite page; the longer boundary lines to be called the side lines, and the shorter the goal lines. A flag-post shall be placed for the whole game on each corner, also at the centre of each side line, one yard outside the line, and any other flag-posts must be a yard outside the line. All flag-posts shall be at least 4 feet high.

4. **Goals, Posts, etc.** — A goal shall be in the centre of each goal line, and shall consist of two posts 4 yards apart (inside measurement), joined together by a horizontal cross-bar 7 feet from the ground. The goal-posts shall not extend upward beyond the cross-bar, nor the cross-bar sideways

beyond the goal-posts. The posts shall be 2 inches broad and not more than 3 inches in depth, and the cross-bars shall have rectangular edges. Nets shall be attached to the posts, cross-bars, and to the ground behind the goals.

5. **Striking Circle.**—In front of each goal shall be drawn a white line 4 yards long, parallel to, and 15 yards from, the goal line. This line shall be continued each way to meet the goal line by quarter circles, having the goal-posts as centres. The space enclosed by these lines and the goal lines, including the lines themselves, shall be called the striking circle.

6. **Ball.**—The ball shall be a leather cricket ball painted white or made of white leather.

PENALTY.—*Umpires shall forbid the use of any other ball.*

7. **Sticks.**—A stick shall have a flat face on its left-hand side only. The head of a stick (*i.e.* the part below the top of the splice) shall not be edged with, or have insets or fittings of hard wood or of any other substance, nor shall there be any sharp edges or dangerous splinters. Each stick must be of such size that it can be passed through a 2-inch ring. An indiarubber ring, 4 inches in external diameter when on the stick, may be used, but, everything included, the total weight must not exceed 28 ounces. The extremity of the stick must not be cut square or pointed, but must have rounded edges.

PENALTY.—*Umpires shall prohibit play with a stick which does not comply with this rule.*

NOTE.—Surgical binding on the head of the stick is allowed subject to its not preventing the head passing through a 2-inch ring.

8. **Boots, Hat-Pins, etc.**—No player shall wear hat-pins, or sailor or other hard-brimmed hats, or have any metal spikes or projecting nails in boots or shoes. The skirt shall be at least 12 inches from the ground all round. *Tunics shall not be less than one*

and not more than three inches off the ground when the player kneels.

9. **"Bully-off."**—The game shall be started by one player of each team together bullying the ball in the centre of the ground (and after each goal and half-time). To bully the ball each player shall stand squarely facing the side lines and shall strike first the ground on her own side of the ball and then her opponent's stick three times alternately; after which one of these two players must strike the ball before it is in general play. Every other player shall be nearer to her own goal line than the ball is (except in the case of a penalty bully), and shall not (except in the case of a bully in the circle) stand within 3 yards of the players participating in the bully.

PENALTY.—*For any breach of this rule the "bully" shall be taken again.*

10. **Method of Scoring.**—A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, whilst within the striking circle, having been hit by or glanced off the stick of an attacker. Should the goal posts or bar become displaced, and the ball pass at a point which, in the opinion of the umpire, is between where the posts or below where the bar should have been, she shall give a goal.

11. **Off-side.**—A player is off-side if she is nearer her opponents' goal line than the ball at the moment when the ball is hit or rolled in, unless she is in her own half of the field, or unless there are three of her opponents nearer to their own goal line than she is. She should not be penalised unless she is *interfering with or* obstructing another player, or gaining any advantage from standing in an off-side position.

PENALTY.—*Inside or outside the circles. For any breach the penalty shall be a free hit by one of the opposing team on the spot where the breach occurred.*

12. **Fouls.**—A player shall not—

(*a*) Raise her stick above her shoulder when striking at the ball, either at the beginning or at the end of the stroke ;

(*b*) Play the ball with the rounded side of her stick ;

(*c*) Undercut the ball ;

NOTE.—This rule is not intended to penalise the "scoop" stroke which raises the ball, nor the hitting of the ball when in the air, except as provided for in Rule 13.

(*d*) Strike, hit, hook, hold, or interfere in any way with her opponent's stick ;

(*e*) Pick up, push, or throw the ball with her hands, or use her hands on the ball, except to stop it. The ball may be caught, but must be immediately released to fall perpendicularly ;

(*f*) Use her feet or any part of her person, except for stopping the ball. The ball may not be moved in any direction except with the stick. The foot, if used for stopping the ball, shall be taken away immediately ;

(*g*) Hit or pass the ball between her feet ;

(*h*) Trip, shove, push, charge, shin, strike at, or in any way personally handle her opponent ;

(*i*) Obstruct by running in between her opponent and the ball, nor cross her opponent's left, unless she touches the ball before her opponent's stick or person, nor may she in any way interpose herself as an obstruction.

(*j*) Interfere in the game in any way unless her stick is in her hand.

PENALTIES. — (1) *Outside the circles. — For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.*

(2) *Inside the circles* —(a) *For any breach by the attacking team the penalty shall be a free hit for the defending team.*

(b) *For any breach by the defending team the penalty shall be a "penalty corner" or a "penalty bully" (ex-*

cept in the case of "sticks," when a "penalty corner" only shall be allowed). A "penalty bully" should only be given for a wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

(3) *Inside or outside the circles.—In the event of two players being simultaneously at fault, the umpire shall give a bully at the spot where the breach of rule occurred.*

NOTES.—The goalkeeper shall be allowed to kick the ball in her own striking circle. She shall not be penalised if, in stopping a hit at goal, the ball does not fall perpendicularly, having, in the umpire's opinion, merely rebounded off her open hand. In the event of her taking part in a penalty bully, these two privileges shall not be allowed her.

A ball touching an umpire or post is in play unless it goes off the ground.

The umpire shall have power to penalise a player who continually raises the ball.

13. **Free Hit.**—On the occasion of a free hit, no other player than the striker shall be within 5 yards of the spot where such hit is made, and after taking such hit the striker shall not participate in the game until the ball has been touched or hit by another player. She must give the ball, *which must be stationary*, a clean hit, no other type of stroke being allowed. If the striker hit at but miss the ball, the stroke shall be taken again by her, provided that she has not given "sticks."

PENALTIES.—*If any player, other than the striker, be within 5 yards of the ball at the time of a free hit, the umpire shall order the hit to be taken again, except as specially provided for in this rule.*

If the striker, after taking such hit, participates in the game again before the ball has been touched or hit by another player—

(1) *Inside the circles.—The umpire shall give a "penalty corner."*

(2) *Outside the circles.—The umpire shall give a free hit to one of the opposite team to the offender.*

If the ball is "scooped up"—

(1) *Outside the circles.—The umpire shall give a free hit to one of the opposite team to the offender.*

(2) *Inside the circles.—The umpire shall give a "penalty corner."*

14. Penalty Bully.—A penalty bully shall be played by the offender, and by any player selected by the other team, on the spot where the breach occurred. All other players shall be beyond the nearer 25-yard line in the field of play, and shall not cross such 25-yard line or take any further part in the game until the penalty bully is completed. If during the progress of a penalty bully the ball goes over any part of the goal line other than that between the goal-posts off the stick or person of the offender, the penalty bully shall be taken again; if the ball goes over the goal line between the goal-posts off the stick or person of the offender, a penalty goal shall be awarded to the attacking team. In all other cases, as soon as the ball has passed wholly over the goal line (not between the goal-posts) or outside the striking circle, the game shall be restarted by a bully on the centre of the nearer 25-yard line.

PENALTIES.—(a) *Breach of any rule by the offender (except Rule 9).*

The attacking teams shall be awarded a penalty goal, which shall be of the same value as an ordinary goal.

(b) *Breach of any rule by the player selected by the attacking team (except Rule 9).*

The bully shall be considered over and the game re-started by a bully on the centre of the nearer 25-yard line.

(c) *Simultaneous breach of any rule by both players. The bully shall be taken again.*

(d) *Interference by any other player, the bully shall be taken again.*

15. Roll-in.—When a ball passes wholly over the side line, it shall be rolled in along the ground into

play by hand from the point where it crossed the side line in any direction by one of the team opposite to that of the player who last touched it. The ball must not be bounced, and must touch the ground within one yard of the point where it crossed the side line. The roller-in must have both feet and stick behind the side line, and may only play the ball again after another player. Players may cross the 5-yard line immediately the ball leaves the hand of the roller-in. The ball may be rolled in at once, but no player shall stand (herself or her stick) within the 5-yard line or outside the side line; should, however, the umpire consider that a player is standing within the 5-yard line to gain time, she shall not stop the game.

PENALTIES.—(a) *Breach of the rule by the player who rolls in.*

The roll-in shall be taken by a player of the other team.

(b) *Breach of the rule by any other player.*

The roll-in shall be taken again except as specially provided for in this rule.

16. **Behind.**—(*a*) If the ball is sent behind the goal line by a player of the attacking team, or is unintentionally, in the umpire's opinion, sent behind the goal line by one of the defending team who is beyond the 25-yard line, it shall be bullied on the 25-yard line at a spot opposite the place where it crossed the goal line.

(*b*) If the ball glances off, or is, in the umpire's opinion, unintentionally sent behind the goal line by any player of the defending team behind the 25-yard line, she (the umpire) shall give a corner to the attacking team.

(*c*) If, however, the ball is intentionally, in the umpire's opinion, sent behind the goal line by any player of the defending team, the umpire shall give a penalty corner to the attacking team.

17. (*a*) **Corner.**—A player of the attacking team shall have a hit from a point on the side or goal line

within 3 yards of the nearest corner flag, and at the moment of such hit all the defending team (their sticks and feet) must be behind their own goal line, and all the attacking team must be outside the circle in the field of play.

No player shall stand within 5 yards of a striker when a corner hit is taken, and no player may shoot at goal unless the ball has been stopped, not necessarily motionless, on the ground by one of the attacking team, or has touched the person or stick of one of the defending team, before the last stroke of the attacking team. A player hitting a corner hit cannot participate in the game again until the ball has been played by another player. On taking a corner hit, if the striker miss the ball she shall take the hit again, provided she *has not given sticks.*

(*b*) PENALTY CORNER.—*The ruling shall be the same as for a "corner," except that the ball shall be hit from a point on the goal line not less than* 10 *yards from the nearer goal-post.*

PENALTY.—(a) and (b) *If the striker after taking such hit participates in the game again before the ball has been touched or hit by another player, the umpire shall give a free hit to one of the opposite team to the offender. For shooting at goal before the ball has been stopped, not necessarily motionless, on the ground, a free hit for the defending side.*

18. Umpires.—Each umpire shall take half the ground for the whole game without changing ends. She shall also take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground. The umpire shall allow (the elements permitting) the full or agreed time, neither more *nor* less, deducting all wastage, and keep a record of the game. In the event of a penalty bully falling to be taken on the call of half-time or time, an umpire shall allow extra time until either a goal has been scored, or the penalty bully has been completed. Until a decision is given the ball is in play.

If there be only one umpire there shall be two linesmen to give decisions as to the ball passing over the side lines, and as to where and by which team the ball shall be rolled in.

Umpires and linesmen are debarred from coaching during a game.

The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team.

The umpires shall give the decisions without waiting for an appeal.

19. **Rough Play and Misconduct.**—For rough play or misconduct the umpire shall have a discretionary power to warn the offending player, or to suspend her from further participation in the game.

20. **Accidents.**—When a player is temporarily incapacitated the umpire shall suspend the game. When it is resumed the ball shall be bullied off on a spot to be chosen by the umpire in whose half of the ground the player was hurt.